



DROP-IN SPORTS

FALL DROP-IN SPORTS SCHEDULE

Sep 5 - Dec 22, 2023

Pre-register up to 5 days in advance to secure your spot and add drop-in sports to your weekly physical activity routine! Held in Mission Leisure Centre Gymnasium

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	FREE! Fun N' Run Playtime 0-5yrs 10:00-11:30am					
		Adult Drop-in Pickleball 18+yrs 12:00-2:00pm	Adapted Gym 13+yrs 12:30-2:00pm	Adult Drop-in Pickleball 18+yrs 12:00-2:00pm	Children's Drop-in Gym 7-12yrs 1:30-3:00pm	Adult Drop-in Pickleball 18+yrs 12:00-2:00pm
Adult Drop-in Pickleball 18+yrs 5:30-7:30pm	FREE! Youth Drop-in Gym 12-18yrs 3:00-4:30pm		FREE! Youth Drop-in Gym 12-18yrs 3:00-4:30pm		Youth Basketball 12-18yrs 3:00-4:30pm	
Men's Drop-in Basketball 18+yrs 8:00-10:00pm		Men's Drop-in Basketball 18+yrs 8:00-10:00pm		Drop-in Volleyball 16+yrs 6:15-8:15pm	BADMINTON COMING SOON!	

Schedule is subject to change without notice. Drop-in rates apply or are included in your membership.



Court Sports

We offer Squash, Racquetball and Wallyball Court Sports. Register online up to 5 days in advance. Single admission rates apply or free with a leisure pass. Each player must register in the same time slot.

Please check in at reception prior to using the court. Protective eyewear is strongly recommended. Equipment rentals are available at reception.

Racquets - \$2, Balls and Goggles - \$1 (taxes included)

Skate Park

Open daily from dawn to dusk

Practice skateboard and scooter tricks at our outdoor skatepark located next to the Leisure Centre. Use at your own risk; safety gear strongly recommended. All ages welcome.



Find out more about Drop-In Sports!

mission.ca/schedulesandrates

Drop-in Sports Descriptions

ADAPTED GYM (13+)

Adapted Gym is an accessible recreation time for participants and their support workers. Basketballs, soccer balls, badminton, bowling, skipping ropes and more!

BADMINTON (16+)

Do you love the sport of badminton? Perhaps you are seasoned player? Like all our sports, all skill levels are welcome! Due to the number of players, it is encouraged that people play doubles/mixed doubles.

CHILDREN'S DROP-IN GYM (7-12 years*)

Come shoot some hoops, pick up a hockey stick, bowl, play volleyball, or just run around and feel the freedom of movement! Children's Gym is for ages 7-12 years of age.

**Children aged 5 and 6 must have adult supervision at all times.*

FREE! FUN N' RUN PLAYTIME (0-5 years) **FREE!**

Play, run, climb, and jump to burn some energy. Children ages 0 to 5 must be supervised by a caregiver while they have free play with a variety of sports equipment and toys in our gymnasium.

MEN'S DROP-IN BASKETBALL (18+)

Play a game of basketball with friends or join in on a game and make new friends on the courts. Open to all skill levels of players. Whether you are looking for a pick-up game or just practicing your shot. This is a men's drop-in basketball for players ages 18+.

ADULT DROP-IN PICKLEBALL (18+)

Ever hear of Pickleball? This surprisingly popular sport is a mix between table tennis, badminton and tennis, but triple the fun! Come out and give it a try. Equipment is provided. This event is co-ed and play is at an intermediate level. For those new to Pickleball, please join the Mission Pickleball Facebook page for outdoor play opportunities and e-mail jstokes@mission.ca to learn more about our pop-up Try-It Pickleball sessions!

RACQUETBALL (13+)

Unleash your racquetball skills and embrace the thrill of the game! Racquetball is a series of rallies, where players alternate hitting the ball with a racquet between players. Played by any age and fitness level, it's easy to learn and equipment is affordable! Fast, dynamic and exciting!

SQUASH (13+)

Squash can be played at any age and fitness level - you'll find it's easy to learn and equipment is minimal and affordable. Squash develops fundamental movement skills (running, jumping, striking, sending and receiving objects) and the ABC's of physical literacy: agility, balance, coordination and speed.

DROP-IN VOLLEYBALL (16+)

Come play some volleyball! Drop-in volleyball is an inclusive activity for all levels. Come and try volleyball in a non-competitive environment. Recreation staff are on-site to organize casual games and monitor the facilities.

WALLYBALL (13+)

Wallyball (known in some places as rebound volleyball) is a fast-paced sport that is similar to volleyball and racquetball played in a racquetball court, where it is legal to hit the ball off of the walls.

YOUTH BASKETBALL (12-18 years)

Come shoot some hoops and play a game or two. Youth basketball is for youth ages 12-18 years of age. This play time is supervised and we actively encourage fair, inclusive play for all attendees.

FREE! YOUTH DROP-IN GYM (12-18 years) **FREE!**

Come shoot some hoops, spike some volleyballs, pick up a hockey stick, or enjoy a game of bowling. Youth drop-in gym is for youth ages 12-18 years of age. This play time is supervised and we actively encourage fair, inclusive play for all attendees.

